

The *Challenge*

Sierra Army Depot, Herlong, CA

October 2005

Vol. 62 No. 9

Sierra Ships Katrina Relief Materiel



Trucks circled into the FEMA container storage lot, were quickly loaded with two containers per truck, exited the lot, tied down the containers, and were on their way. The entire shipment was complete in a matter of hours.

by **Bill Coffenberry**
Chief, Business Development Office

Sierra Army Depot once again proved its worth as a Joint Expeditionary Logistics Center by teaming up with the Federal Emergency Management Agency (FEMA), the United States Army Medical Materiel Agency (USAMMA) and the Army Field Support Command (AFSC) to provide relief support in the aftermath of Hurricane Katrina. Those left homeless in the wake of the devastating hurricane received a few of life's necessities with the shipment of Pre-Positioned Disaster Supply (PPDS) Containers recently produced and stored at Sierra. Fifty each PPDS containers, which provide cots, blankets, pillows, hygiene kits and other accessories for up to two-hundred fifty people, remained in storage at SIAD following a recently completed production order. Depot personnel received the initial phone call

from FEMA's Ft. Worth Logistics Center to ship the remaining containers on August 27, which set in motion a flurry of activity to book the necessary transportation to support the shipment. In all, the SIAD transportation office coordinated and secured the twenty five trucks required for the shipment by the following Monday, ensuring the trucks would arrive beginning the morning of September 1st in order to meet the required delivery date of September 3rd. By the close of business September 1st, all twenty-five trucks had arrived at the depot, two containers were loaded per truck, and processed out for the trip to Louisiana.

In addition to the FEMA requirements, SIAD also supported USAMMA and the deployment of the 14th Field Hospital stationed at Ft. Benning, GA by providing non-medical Associated Support Items of Equipment (ASIOE) such as generators, tents, air

conditioners, water and wastewater distribution systems, and refrigerated containers. Orders for shipment were received on the 4th of September with all assets shipped and received by the required delivery date of September 8th. Finally, to assist in the establishment of a command and control post for the overall relief efforts, the Depot received a call from AFSC to ship 5-Man, 10-Man, and 125-Man Life Support Systems (LSS) and an Early Entry Life Support (EELS) system. Both the LSS and EELS allow for the establishment and sustainment of initial entry-level personnel by providing a command post complex with desks, chairs, and communication equipment, as well as billeting.

Sierra Army Depot, we deliver anywhere, anytime!



Trucks were lined up the length of D Street at the first staging area, waiting to be loaded with FEMA containers.



A peek inside of the FEMA containers show some of the emergency supplies inside.

Photos by Lynn Goddard

Commander's View

As we finish the summer and move closer to the end of another fiscal year, I want to thank all of you for the outstanding work you've done to ensure we're ready and able to tackle FY06 requirements. I recently returned from several temporary duty trips to Washington, DC, TACOM – Warren and Rock Island Arsenal to work FY06 requirements, and as I mentioned in my column last month, our future looks bright. We're in the process of providing bids for a wide variety of new programs, and I'm confident that the combination of our competitive rates, geographic location, quality work and professional workforce will make us hard to beat.

One item of interest I'd like to highlight since last month's newsletter is the final approval of the runway extension for Amadee Army Airfield. Bids on this project will close at the end of September, and we're planning a groundbreaking ceremony to commemorate the start of work in the later part of October. This extension is one



Lieutenant Colonel Brian Butler
of the first steps in developing an all-weather airlift capability at SIAD and fully establishing the depot as a Joint Expeditionary Logistics Center.

As we move into the Fall months, I'd like all of you to double your efforts with regard to accident prevention and safety. Many of you heard my personal thoughts on these topics during group discussions in the mission areas over the last few weeks. The bottomline is that our Nation needs you, our Army needs you, and I need you in order to accom-

plish our mission. Injuries and lost duty time due to accidents has a direct impact on our ability to provide critical logistics support to our Nation's Warfighters. Do not sacrifice the safety of yourself or your co-workers by taking shortcuts or unnecessary risks as you perform your duties. I am committed to taking active steps to improve the safety of our facilities, but each of you can make an immediate and dramatic impact on reducing accidents by being aware of hazards and exercising caution in your day-to-day operations.

As always, I encourage you to continue to use the Commander's Hotline (827-4249) to let me know what's on your mind. I've had some great comments and suggestions over the past month that have helped tremendously in focusing emphasis on challenging areas across the depot. Remember: All of you have a voice, but if you don't use it, you'll never be heard.

Have a safe month, and let's get to work!

Tracking Tools by Al Jones Process Improvement

One of the most common results of nearly all our Lean events is the need for some form of one or more tracking tools. They are a 24 hour a day source, for the passing of, or the public availability of information. They are normally a very simple and valuable time saving form of cross or inter organizational communications that can save uncounted hours of email traffic, telephone calls or simply trying to find the person or persons for a needed response. They can also be used to relieve frustrations and provide answers to our customers.

Tracking tools are a form of visual or electronic management that are becoming fairly common on Sierra Army Depot, not only in the work areas as various types of posted boards, but also on our computer networks. They are designed to do exactly what the name implies, to track something. Managed properly, they are a valuable tool to share information on everything from how an area is doing with production, what we have on our shelves to where an equipment request is in an approval process.

All tracking tools, no matter the subject or medium, should be designed with the end user in mind. If they are to be used only by specialized experts, they can be as complicated, technical and detailed as needed to accomplish their task. On the other hand, if they are for public or cross organizational use, they should always be very simple and easy for anybody to understand or use. Access to it is also a very important factor, no matter how good the tracking tool itself is, it is useless if those that need it cannot see it.

Production Control Boards are often confused as Production Schedule Boards. All Production Control Boards are production tracking tools, but not all production tracking tools are Production Control Boards. Production Control Boards are used, among other things, to track how well an area is producing, what problems or corrections are current, and can be used to determine staffing levels. Production Schedule Boards are used to tell what's

See Page 5, Tools

The Union's Position: AFGF, Local 1808

Reminder; This year's Annual Union Dinner/Dance will be held on Oct. 21st at the Reno Hilton. The dinner is free to union members and one guest; additional guests are welcome at a cost of \$35 per guest (payable when making reservation). This year's music will be provided by "Those2Girls" and there will be raffle prizes galore, raffle tickets will be \$.50 or three for a dollar, the Grand Prize will be provided by the Reno Hilton. The Reno Hilton is offering rooms for \$69+ tax. You have the option of staying Friday night or Friday and Saturday night at this rate. You must make your own reservations. To make your reservations to attend the dinner, call Sue Leslie x4286, Cecil Fain x4110, or Dana Landry at x4344. Dinner reservations must be made no later than COB 13 Oct 04. If you make reservations and cannot attend please call and cancel your reservations. Hope to see all our members there for dinner, dancing and lots of fun!!!!



James Swistowicz, President

Lt. Col. and Mrs. Butler will be attending as guests of the Union.

At October's Union meeting, there were nominations for the Officers of the Executive Board. Eligibility for the nomination is any member in good standing can be nominated and can run for a position on the Executive Board. In November we will have Elections for those who were nominated. You can vote before work, during lunch, and after work. The polls will remain open until 6 p.m. to give members an oppor-

tunity to vote. In November's article, I will have the names of the nominees and I will also have the names of the newly elected Board, since the Elections are in November.

Mandatory Overtime, Why? In August, the Director of Mission Operations called me to his office to discuss mandatory overtime. The issue was that the Depot had requested more money to work AJ1 and as tight as money is these days, the Project manager was able to scrape up money to keep the AJ1 operation going. When the PM was briefed that we would have carry over into FY 06, he said that their would be no carry over and that if we were to have carry over then we would not need the money that was allocated for FY06 AJ1 operations. If this was to occur and we did not receive the funded amount, it could have possibly affected jobs. The Union had no choice but to agree to

See Page 11, Union

The Challenge

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Hello - Goodbye



The Director of Information Management (DOIM) would like to send out a great big WELCOME to it's newest member of our staff. James Graves moved to Herlong from Fresno, CA. He is a GS-09 Information Technology Specialist (Data Base Management).



Linda Pass recieved her retirement flag from LTC Butler after spending the last 20 years of her career working at the Directorate of Information Management (DOIM). Her mother, many co-workers, and friends attended the presentation and luncheon in her honor.

Antivirus Software Download Instructions

by **Jim Toner and David Potts,**
Information Security Specialists

Home users need antivirus software to protect their computers when connected to the Internet. In most cases, newly purchased computers have this software installed, but the rub comes when you have to pay the vendor for updates when the subscription has expired (usually 90 to 180 days after the product has been registered with the vendor).

Department of Army Civilians (DAC) are authorized to download antivirus and firewall software for their home computers without charge. There is no need to worry about subscriptions, since the Army has already paid the vendor. The only requirement is the employee must have a full Army Knowledge On-Line (AKO) account and must be working. Retired DACs and contractors are not authorized to use this software. Below are the instructions for downloading the software.

First go to the AKO web site at <https://us.army.mil>. When you do, the following screen will come up:



Click the Login into AKO button on the top left; the next box will come up:



Enter your AKO logon and password and press OK.

A screen similar to the one below will then come up:



On the left hand side click the field labeled Antivirus Services. When you do, the next screen will come up:



Click the Download Products for Home Use entry. You will then be prompted to reenter your AKO logon and password as shown below:



Then click OK.

The next screen will come up:



At this point you will need to research what software you want to download. There are two software packages: Symantec (formerly Norton) and McAfee. After downloading you will have to install the software.

Remember. The antivirus software needs to be updated at least weekly. This is not hard, but many users do not do it. Antivirus protection is only as good as the current updates! Please read the documentation that comes with the software to understand how to use

and update the files. I suggest that after installing the software, you go back to the AKO site every six months to check for updates. If you receive a message saying your subscription has expired (or something similar), just go to the AKO site and download the newer version of the software.

If you would like to submit an interesting article about your organization or job, I would love to hear from you. I'll be happy to come out and photograph your work site. I am particularly interested in **Mission Articles** at this time. Email me (Lynn Goddard) your article, or call me at x4290.

I would like to have a collage of group photos of all of the different organizations around depot for the December Challenge. If you would like to have your organization photographed for the Challenge please call to schedule with Lynn x4290 or the work order desk x4357.

The Fastest Growing Crime in America – Identity Theft

by **John Bower**
Criminal Investigator

Identity theft is a very insidious crime. In every single case the victim did not know they were being victimized until massive damage had been done to their financial status. There are an estimated 9.9 million victims of identity theft every year in the US alone, and this number is growing.

Here is a list of recommended ways to reduce your risk of becoming a victim of this crime.

* Don't leave mail in your mailbox overnight or on weekends.

* Deposit any outgoing mail in US Postal Service Collection Boxes.

* Tear up unwanted documents that contain personal information.

(Note: Beyond the high profile hacker, the trash crawler is the most successful ID thief and is almost never mentioned. He picks up your garbage for you and sifts through it for bills, mortgage documents, loan applications, etc. that contain the information he needs to open a credit card account, transfer your bank account funds, change the codes on your money mar-

ket, or IRS Account, and always order more and more credit cards in your name, but with his address for the bills!) I bought a shredder at Target for \$30.00.

* Review your consumer credit report annually, if not more often.

* Report lost or stolen credit cards to the issuer immediately.

* Sign your new credit card – before someone else does.

* Memorize your Social Security Number and passwords; don't carry them with you.

* Don't use your date of birth as your password.

* Never leave receipts behind at ATM machines, gas pumps, or on counters at the bank or credit union.

* Check expiration dates on credit cards and contact the issuer if you don't get a replacement before they expire. Ditto for monthly financial statements and bills.

* Match credit card receipts against monthly bills and check financial statements for accuracy.

* Never blindly answer a telephonic or E-mail request for personal

or account information. Check with a representative first.

If conducting business via the Internet, ensure you use it safely. Never input your credit card or other financial account numbers at a web site unless it offers a secure transaction. A secure (or "encrypted") transaction will have these two features:

An icon of a lock appears in the bottom strip of the Web Browser Page.

The URL address for the Web page changes from "http" to "https" for the page at which you input the personal data.

If you find that you have been the victim of credit card fraud, report it immediately to one of the three major credit-reporting agencies. (Due to a recent change designed to help consumers, you can report the incident to any of the three agencies, as they now share a common database). **POST THESE WHERE YOU CAN FIND THEM**

Equifax: (800) 525-6285
www.equifax.com

Experian: (888) 397-3742
www.experian.com

TransUnion: (800) 680-7289
www.transunion.com

Contact the Federal Trade Commission to report ID Theft. They can be reached on-line at www.consumer.gov/idtheft or call them at 1-877-IDTHEFT

Contact the major credit card companies if you are unsure or have specific questions:

American Express:
www.10.americanexpress.com

Discover:
www.discovercard.com/discover/data/products

Master Card:
www.mastercard.com/education/fraud

Visa: www.usa.visa.com/personal
And always, contact your local law enforcement agency, the US Postal Inspector Service, or the US Secret Service to report criminal activity.

For those who would like to learn more about this please contact the author at 827-4363 and I have a CD you can sign out published by the US Postal Service titled:

Identity Crisis.

Consolidated Parking - A Vehicle For Change

by **Gene Koehler**
Director, Emergency Services

On September 14th, the depot commander implemented the revised consolidated parking plan, allowing privately owned vehicles (POVs) access to designated parking within the Mission area. For many employees, the elimination of the main cantonment area centralized parking lot marked movement of Sierra Army Depot of its last bastion of the Special Weapons days. For those who never knew of those days, the question has been, "What took so long?"

To say that the transition to decentralized parking has gone smoothly is an understatement; the workforce has stood up to the task and everything has gone without a hitch. LTC Butler, Depot Commander, provided guidance that he would give a thirty-day "grace period" to allow depot employees time to get used to the change before issuing parking citations. Whether it was the good planning, the good communication, or simply the personal desire of employees to never have to ride those buses, there have been very few problems encountered. Kudos, all!

The main reason for the change was two-fold: The first was one of money. Hundreds of thousands of dollars were being expended annually

to support the GSA vehicle fleet requirements of the depot. A sizeable amount of that funding was going to support the buses and man-hours that were being used to transport employees to and from the centralized parking area adjacent building S-63. The second was necessity. There simply was no reason to maintain centralized parking.

There are some concerns however. One of those concerns is safety. With all the heavy equipment and personnel movement going on within the mission area, there is an increased potential for accidents. Thus the purpose for limiting the number of designated parking areas, and their specific locations. Another concern is pilferage. The proximity of privately owned vehicles to the warehouses makes it easier for those employees who would steal from the government to do so. This is where the rest of the employees who actually respect the privilege that has been given to them come in – you have to say something about it. The Directorate of Emergency Services, in cooperation with DOIM has established a CRIME (27463) hotline, where employees can call in (all 5 letters/numbers must be dialed) and report a crime, while remaining anonymous. The final concern is one of moving traffic violations – speeding, failure to yield right-of-way,

and failure to stop at a posted stop sign. The going rate for failing to stop at a stop sign is \$103. Cash. Speeding? It depends upon the speed. And what does it all get you? Maybe one or two minutes ahead of where you would have been. Maybe fifteen minutes behind if you get stopped. Maybe it results in your depot driving privilege being taken away. Yes, taken away. The depot commander is adamant about traffic enforcement in light of his decision to eliminate centralized parking, as it was. With the new way, comes renewed responsibility. If you are a traffic law or parking violator, and if you are a repeat offender, you will lose your depot driving privileges. The Directorate of Emergency Services is currently revising and publishing SIAD Regulation 190-5 (Traffic Enforcement), look for it to be out on the streets, so-to-speak, soon.

All that having been said, let's discuss parking contingency requirements. Our force protection condition measures require that we be able to implement a centralized parking contingency plan, should the threat dictate. With that in mind, it is possible that we would have to implement that contingency and therefore we will continue to maintain a location suitable to facilitate that requirement. But, until that time, respect the privilege and drive safely.

Vigilance Award Makes It's Debut

by **Gene Koehler**
Director, Emergency Services

At a small ceremony conducted on September 23rd, the Director of Emergency Services, Mr. Gene Koehler, recognized the actions of one of the directorate's contract access control personnel by presenting Ms. Melissa Mangino with the depot's first Vigilance Award.

As explained by Mr. Koehler, "The Vigilance Award is a way for the directorate to formally and publicly recognize the actions of depot employees who make a significant contribution to force protection by remaining vigilant for things that look out of place or personnel who's actions seem to be a bit out of the ordinary or suspicious in nature, and taking immediate action by reporting those situations, persons or activities to depot Emergency Services personnel." "The key factor for eligibility as a recipient of the Vigilance Award is that the situation, person or activity is immediately reported, this allows response forces to act upon the information."

Ms. Mangino's award citation reads as follows:

See Page 11, Award

CHECK IT OUT!

by **Darren Allbee**
Fire Inspector

Are your electrical appliances in good condition, without loose or frayed cords or plugs? Are your outlets overloaded with plugs from the TV, computer, printer, video game system, and stereo? Are you overusing an extension cord? Do the light fixtures in your home contain bulbs that are the correct wattage? Does your home contain GFCIs (ground-fault circuit interrupters) and/or AFCIs (arc-fault circuit interrupters), which prevent electrical shock and fire by shutting off faulty circuits? Look around your house for potential problems. And unless you're a trained electrician, be careful about do-it-yourself electrical projects. Studies have shown that many home fires are caused by improper installation of electrical devices.

Other tips:

- Replace or professionally repair any appliances that spark, smell unusual, or overheat.
- Don't run electrical wires under rugs.
- Make sure lamps and night-lights are not touching bedspreads, drapes, or other fabrics.
- Use caution when using electric blankets.
- Don't let kids use kitchen appliances by themselves and supervise any art or science projects that involve electrical devices.
- Cover any outlets that are not in use with plastic safety covers if you have toddlers or young children in your home.

Tools:

(Continued from Page 2)

here, what's coming and when it needs to be complete. Both are very valuable tools, not only for management and supervision, but also at the floor level.

The sharing, visibility and availability of information can be a very easy and sometimes overlooked improvement to all our processes. And although due to it's across the board "nickel and dime" nature, it can be impossible to determine an actual dollar savings. Taken collectively, it has a huge hidden monetary impact on nearly everything we do.



Friends and co-workers threw a lunchtime retirement party for Veronica Morgan where LTC Butler presented her with a flag, retirement pin and the Achievement Medal for Civilian Service. Veronica has worked for the federal government for 31 years. She began her career at Tooele, UT. She has been here at Sierra for 12 years, 9 of which she has been the Force Protection Specialist. Her husband, Barry Morgan works at Sierra as a security guard. Congratulations to Veronica!



Alvarez Says...

Thanks for the response to the 9-1-1 hang up problem; it has been a little easier to manage the incoming calls. If we could get employees to stop calling 911 for the phone number to the Bowling Alley that would be appreciated also.

In regard to vehicle accidents, there are two types that I have seen happen a lot lately. Vehicles backing into everything they can get their bumpers on and forklift vs. pole. I have seen fork lifts operating inside the warehouses, and it reminds me of "Mr. Toads Wild Ride" at Disneyland. Almost all the accident reports I have read, have one thing in common, operators were not paying attention or were distracted before the impact.

Here are a few things that may help. If you need to back up your vehicle, place it into park, get out and look for obstacles before proceeding. I am certain that this will alleviate some of the backing into obstacles problem. As far as the fork lift vs. pole, is concerned, I asked the Depot Licensing Examiner for help on this one. According to Terri Mossi, you need to watch your speed while operating in the warehouses and be attentive. I most definitely concur on this one.

The Sierra Army Depot Police Desk has been getting many questions



regarding vehicle registration and motor vehicle driver licenses for new hire civilian depot employees. The following article should answer most of these questions.

Under California Vehicle Code 4000.4(a) a nonresident vehicle owner that moves to California must register their vehicle within 20 days of the date that they accept their employment or establish residency in California. Residency is established by voting in a California election, paying resident tuition, filing for a homeowner's property tax exemption, or any other privilege or benefit not ordinarily extended to non residents. In addition you have 10 days

in order to obtain a California Drivers License.

Under Nevada Revised Statutes 482.283 and 483.245 a nonresident vehicle owner that moves to Nevada must register their vehicles and obtain a Nevada Drivers License within 30 days of establishing residency. Residency in Nevada is established by physically residing in the state and engage in trade, profession, occupation or accept employment in the state, or declare yourself to be a resident of the state to obtain privileges not normally extended to nonresidents of the state.

For more details you can contact the California Department of Motor Vehicles office at (800) 777-0133, or the Nevada Department of Motor Vehicles office at (775) 684-4368.


Permanent Sierra Army Depot registration decals cannot be issued until the vehicle has been properly registered in your state of domicile. Temporary vehicle passes will be issued for the interim period. Failure to obtain valid state vehicle registration and drivers license within the required time frame may result in denial of depot decal and/or a temporary vehicle pass.

Stay safe, pay attention, and wear your seatbelt.

Sergeant Alvarez



Employees from Mission competed in several games of Flag Football, spearheaded by Drew Owens WL-6, Long Term Storage, teams from Mission played against each other for a little fun, exercise and bragging rights. Teams were Bailey Bridge, Team Sierra, and the winners of the season No Names (AJ1)

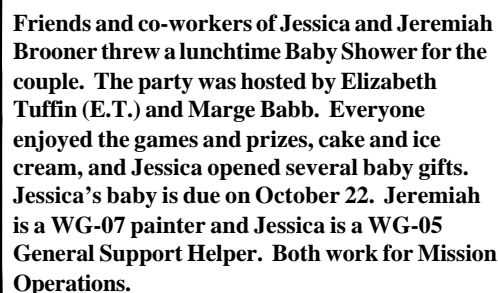



4th Annual Holiday Ball

Date: Friday December 2 5:30pm
Location: Peppermill Hotel & Casino
Maple Oak Room (2nd Floor)
Tickets: \$50.00 Incl: Dinner/Dessert
Rooms: \$49.00 Music/Dancing
Room Code: LSAD05 Drawings/Prizes
Room Reservations (800) 282-2444
Tickets On Sale October 11th
P.O.C.
Garrison: Jolene Bruce w4711
Mission: Carolina Dingman w4341

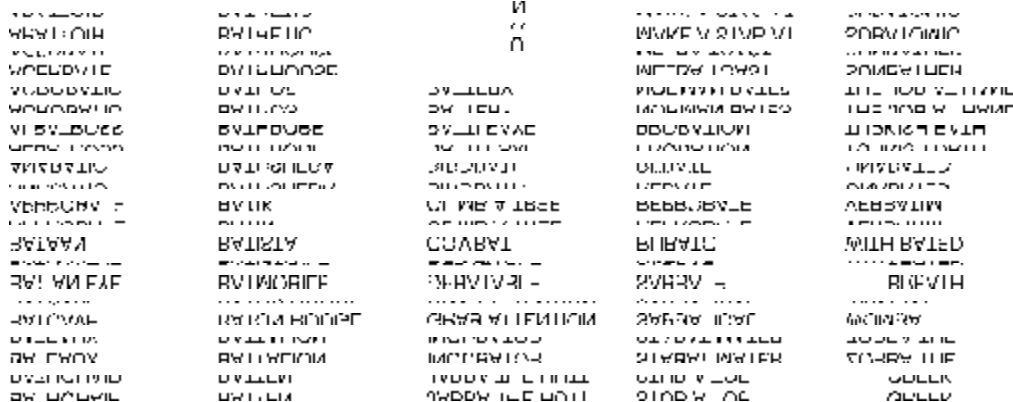
Ramon Altuz Jr.-Robert Ausmus-Bill Bahl-Brandon Blosser-Butch Booher - Jeremiah Brooner-Delores Bruffett-Jamie Calvert-Henry Chavez-Daniel Corrales-Ken Crockett-Lee Danner-Patti Danner-Jeremy Day-Eric Demague-Leonard Dowdy-James Garrick-Paul Gollnick-Tom Gordon-Bruce Hamilton-Bill Harris-Norman Haynes III-Dennis Holcomb-Steven Jones Jr.-Christa Kiel-Michael Lathrop-Brett Lopez-Tracy Marino-Julie Mason-Dave Masoner-Michael McDaniel-Patrick Mesloh-Mary Morgan-Staci Murray-Dustin Painter-Bruce Pfeiffer-Wayne Plaster-Roxanna Pruett-Joseph Rausch-Floyd Rhamy-Larry Roberts-Dave Robertson-Wayne Rushton-Carver Russaw-Michael Ryan-Todd Saathoff-Michael Schneider-Donald Selsor-Alexander Sibley-Cherise Sims-Bob Stapp-Justin St Germain-Paul St Germain-Lisa Swift-Michelle Turner-Joyce Verity-Priscilla Walls-Gloria White-Mike Winters-Grant Wolfenden-Cynthia Woolverton-Michael Wynn-Gary Yustat





HAPPY COLUMBUS DAY
OCTOBER 10

Each of the 51 “bat” words and phrases listed below is hidden in the grid. An answer may read horizontally, vertically, or diagonally, but always in a straight line. Each time the letters B-A-T appear in a word, they have been replaced by a bat symbol in the grid.



Answers

September Issue

Wacky Wordies

1. Triple Play
2. Short Stop
3. Who's on First
4. Score Box
5. 7th Inning Stretch
6. Center Field
7. Line Drive
8. Dug Out
9. High Fly
10. Pitcher's Mound
11. World Series
12. Baseball Diamond
13. Designated Hitter
14. Squeeze Play
15. Wind Up
16. Top Half of the Ninth
17. Left On Base
18. On Deck Circle
19. Batting Slump
20. South Paw

Halloween Safety Tips

Trick-or-Treaters

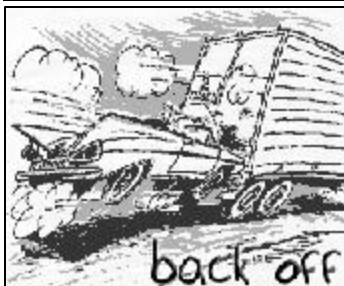
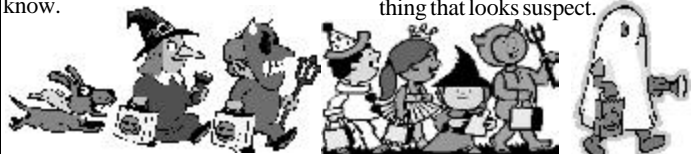
- Carry a flashlight · Walk, don't run. · Stay on Sidewalks · Obey traffic signals · Stay in familiar neighborhoods · Don't cut across yards or driveways. · Wear a watch you can read in the dark. · Make sure costumes don't drag on the ground. · Shoes should fit (even if they don't go with your costume) · Avoid wearing masks while walking from house to house. · Carry only flexible knives, swords or other props. · (If no sidewalk) walk on the left side of the road facing traffic · Wear clothing with reflective markings or tape. · Approach only houses that are lit. · Stay away from and don't pet animals you don't know.

Parents

- Make your child eat dinner before setting out. · Children should carry quarters so they can call home. · Ideally, young children of any age should be accompanied by an adult. · If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark. · If you buy a costume, look for one made of flame-retardant material. · Older children should know where to reach you and when to be home. · You should know where they're going. · Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything. · Look at the wrapping carefully and toss out anything that looks suspect.

Homeowners

- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones. · Pets get frightened on Halloween. Put them up to protect them from cars or inadvertently biting a trick-or-treater. · Battery powered jack o' lantern candles are preferable to a real flame. · If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing. · Make sure paper or cloth yard decorations won't be blown into a flaming candle. · Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwaved later. · Non-food treats: plastic rings, pencils, stickers, erasers, coins.



On The Safe Side

by Susan Flesvig
Safety Officer

Have you ever heard the saying, "Don't take any wooden nickels?"

Well this is one nickel that you will want to take.

Earn a wooden nickel, it's simple, report a hazard, make a safety suggestion, suggest a way to help prevent an accident. Let your supervisor know what it is and you'll receive a wooden nickel.

This program was designed as an incentive to encourage a "Safety" interactive workforce with the goal to prevent accidents and protect the health of employees. All SIAD employees are eligible to participate in this program.

There are a variety of items to exchange for your nickel. The first set of incentives includes a Green Extreme Safety T, a White Extreme Safety Hoodie, an Extreme Safety Golf Umbrella, an Extreme Safety Rosewood Pen & Case or Extreme Safety Eagle Plush.

Now that you are familiar with the program, get involved, and

"Think Safety".



Front



Back



Wooden Nickel Token



by Greg Pryor

Drug and Alcohol Counselor

Methamphetamines are synthetic amphetamines or stimulants that are produced and sold illegally in pill form, capsules, powder and chunks. An amphetamine is a chemical that has stimulant properties similar to adrenaline. Like adrenaline, methamphetamines stimulate the central nervous system, and are extremely addictive. After the effects of meth wears off, it can cause severe withdrawal that is more intense and longer lasting than both speed and cocaine. Methamphetamines may be known as meth, crank, glass, speed, crystal, ice, batu, chalk, shabu, or zip.

If you decide to use this highly addictive, man-made drug, it might steal your job, health, family, freedom or even your mind. The list could go on. This thief is causing Depot employees to lose their jobs. In FY05 over 60 percent of the drug positives were for methamphetamine and most of the employees were terminated. Don't let Crystal Meth steal your job! I recommend using the 3Ls to keep your job.

Lead by example and live a drug free lifestyle.

Love your community and report to your supervisor any employee that is using drugs in the workplace. Individuals allowed to use drugs at work can influence other people to use drugs.

Learn about methamphetamine so you can recognize its signs, symptoms and the harm it can do to your mind and body. When using all of the 3Ls, job security is greatly increased. The choice is yours.

The Alcohol and Drug Control Officer's (ADCO) goal for methamphetamine positives in FY06 is zero. Help me achieve my goal.

The ADCO is available to help you learn more about methamphetamine or find treatment facilities for those who have substance abuse problems. Call the ADCO at X4190.

Supervisors - Get your Safe Driver Nominations in by October 17th!

Work-Related Stress Symptoms & Self-Management

The reality of it all is that workers are stressed out. According to the American Institute of Stress work is the leading stressor for adults in the United States, accounting for more than \$300 billion each year in health care, missed work and stress-reduction efforts. Work-related stress is the number one cause of absenteeism and decreased productivity at work.

A number of sources of stress can be found in the workplace. Some of these include major changes in work procedures and instructions; additional working hours; major increases of the intensity and activity rhythm; major restructuring; too much to do in too little time; repeated criticism without acknowledgement of outstanding contributions; and conflicts between employees or groups of employees including employee to employer interactions that are not resolved. So what are some of the signs and symptoms of work-related stress?

One can see a decrease in the intuitive, intellectual, emotional and physical capabilities of employees. There may be an increase in the number of sick leave days and increased risk of getting sick with "every bug that comes along." Short-term symptoms of stress can include headaches, muscle tension, nausea, backaches, hives, ulcers, anxiety, insomnia and heart palpitations. Long-term stress can trigger serious diseases and accidents causing premature aging and a decrease in overall life expectancy.

So what do we do about work-related stress? It would be an ideal world if we could all choose whether or not to work, select our own hours, take days off whenever we felt like it and took lots of vacation. However, the reality of it is that for most of us we do have to work to keep a roof over our heads, food on the table and pay bills. We do not always have the option of selecting our work hours or our days off. So what can you do to take better care of yourself and decrease the effects of work-related stress?

Beating up the boss or your coworkers is not the answer. (I am sure this has crossed your mind a time or two). Being especially reactive to your work environment and those around you is a sign of work-related stress. It is important to recognize this, try to step back and find a more proactive approach to dealing with your stress. Remember your stress is your stress. What triggers stress for you may not be the same as the person standing next to you. Identify what is making you feel stressed. Certainly many of your coworkers are probably feeling the same things you are. So again, what



Melody A. French, Ph.D., FNP

can you do for yourself to better decrease your stress levels?

Make the most of your time off. Do not plan on doing spring cleaning on your one day off or going home after working a 10-hour day and do five loads of laundry. Setting priorities for these other activities that do need to get done some time will help you better use your time off to rejuvenate yourself. It is like having to recharge the battery in your car. You need to allow it time to recharge rather than using it non-stop till it no longer works.

Eating properly will help. This means not turning to smoking, alcohol, drugs or junk food to soothe your soul. These things only contribute to shortening your life span and do nothing to decrease your overall level of stress. Use food to help fight stress. Stress-busting foods include oily fish, nuts (especially walnuts), fruit and whole grains. Eat foods high in Vitamin C such as dark, leafy vegetables and citrus fruits. Eating smaller more frequent meals helps keep your blood sugar more even throughout the day and your energy level constant.

Sleep. Easier said than done. However, studies show that if you can

get 7-8 hours of sleep every 24 hours you will feel rested, strengthen your immune system and get sick less often.

Exercise. "But I walk all day in the warehouse." Your body does not necessarily perceive that as exercise. It says "this is what I do every day, give me something else." Try to go for a walk before or after work. Do some stretching at your work station. Go for a walk on your break. If you work at a desk get up and walk around. Offer to run the errand on the other side of the job site (walking of course, not riding in the car pool van.)

Counseling may also be needed. Counseling helps you identify your specific stressors and helps you learn healthier ways of coping with those stressors.

Remember the key to a healthy, happy, long life is to do your best to take care of yourself. Working at decreasing your stress may be one of the most important jobs you ever have. Now, stand with your feet comfortably apart, arms hanging at your sides. Close your eyes. Take a deep breath in through your nose & blow slowly out through your mouth. Picture something tranquil like a meadow filled with wild flowers, ripples on a pond, clouds floating slowly across the beautiful clear blue sky. Take another breath in and out. Now open your eyes & get back to work.

If you have a topic suggestion or a health question that you would like Melody to address, please email her at mfrench@northeasternhealth.org

October is National Breast Cancer Awareness Month

All women are at risk for getting breast cancer. As you get older, your risk increases. Assuming you live to age 90, your risk of getting breast cancer over your lifetime is about 12%.

Does that sound like a BIG risk? It might sound scary, because it means that an average of about one out of every 8 women will get breast cancer in the course of a 90-year life span.

You can also look at it another way: A 12% risk means there's an 88% chance that you won't get breast cancer.

What can make your risk for breast cancer go down?

- Eating a healthy diet
- Losing extra weight
- Regular exercise
- Reducing alcohol use
- Quitting smoking
- Minimizing/eliminating extra estrogen

- Preventive measures for high risk (surgery, medication)

What can make your risk for breast cancer go up?

- Personal or family history of breast cancer
- Smoking
- Excessive weight
- Prolonged estrogen exposure
- Abnormal breast cell growth
- First full-term pregnancy after age 30
- Never having a full-term pregnancy
- Heavy alcohol use
- Early start of menstruation
- Late menopause

The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, women are encouraged to make a mammography appointment. In

2005, National Mammography Day will be celebrated on October 21.

When breast cancer is detected early and treated promptly, suffering and ultimately the loss of life can be significantly reduced. Women are encouraged to ask their doctors and other health care providers about mammography screening. Mammography (an x-ray picture of the breast) is the single most effective method to detect breast changes that may be cancer, long before physical symptoms can be seen or felt. For early stage breast cancer, there are more treatment options, treatment can be less disfiguring and less toxic and survival is improved.

As women age, their risk of breast cancer increases. For most women, high-quality mammography screening should begin at age 40. As risk factors vary in everyone, each woman and her doctor should discuss the plan that's right for her. Most organizations recom-

mend screening every one to two years, some recommend it take place every year. Screening should continue throughout a woman's lifetime.



CYS Sponsors Back To School Fun



Ive Troit (left) and Nakkalia Goetz (right) enjoy snowcones at the Back To School Carnival.

by Lanaya Chapman

CYS Liaison, Education & Outreach Svcs

Child and Youth Services Partners with Fort Sage Unified School District

Child and Youth Services (CYS) started the 2005 school year off with a big BANG at the Fort Sage Schools in Herlong. Lanaya Chapman, the CYS Liaison, Education and Outreach Services (CLEOS) Director, planned back to school celebrations for all of the schools within the Fort Sage Unified School District. Sierra Primary kicked the first day of school off with a "Back to School Carnival" where CYS provided a bounce house, boxing ring, snow cones, and giveaways for every student. CYS treated Fort Sage Middle School to an "Ice Cream Social" at CYS then we spent the afternoon at the local Bowling Alley in

Herlong. At the Bowling Alley we turned the lights down and the music up and the youth experienced glow in the dark bowling! CYS threw Herlong High School students a Back to School Pool Party at the swimming pool located on the installation. The youth had an awesome time enjoying the music, drinks, refreshments, and giveaways. All of the youth and teachers had a great time at the opening school celebrations. CYS wanted to make sure that every youth started the year off on a positive note.

CYS UPCOMING EVENTS

Join CYS in celebrating their "Lights On Open House" in October!!

It is that time of year again when Child and Youth Services will open our doors to the community with our annual "Lights On Open House Event." The Open House is scheduled for Thursday,



Several High School students cooled off with a game of volleyball at their pool party

October 20th at 5pm. All are welcome to stop by and check out the fantastic programs we have to offer. There will be several displays of what the youth do at CYS and a special video presentation as well. We look forward to seeing you at the Open House, don't miss out on the fun! If you have any questions or need additional information please contact CYS at 530-827-4696.

NFL Sponsored Punt, Pass, and Kick Event

CYS will be having our annual Punt, Pass, and Kick Event in October. Boys and Girls within the ages of 8-14 that are interested in showing their talents in punting, passing, and kicking are encouraged to participate. This is an NFL sponsored event and the winners will advance to the regional competition and the ultimate winners will perform at an NFL game at half time. All interested

youth need to bring in a copy of their birth certificate to CYS and contact us for the upcoming date and details. Call CYS at 530-827-4696.

College Preparation Activities

As Fall starts Lanaya Chapman, CYS's CLEOS Director is busy preparing various types of college preparation activities for Herlong High School, Fort Sage Middle School, and Long Valley Charter School (LVCS) students. Some upcoming activities are an "On the Spot Admissions Day" at California State University, Chico, College Information workshop session for all parents and students at Herlong High School, UNR college visit for the 7th and 8th grade students at LVCS and various college preparation workshops. If you have any questions or need additional information please contact Lanaya at 530-827-4628.

Red Ribbon Campaign 23 - 31 October

by Greg Pryor
Drug and Alcohol Counselor

How did the Red Ribbon Campaign get started?

In 1985, Drug Enforcement Special Agent Enrique Camarena was tortured and killed by drug dealers in Mexico. Camarena's death touched the nations deeply, and Americans felt outraged and frustrated that more could not be done to end the brutal violence of the drug war. In order that Camarena's sacrifice not be forgotten and to demonstrate their own commitment to take a stand against drug abuse, Americans began wearing red ribbons.

Today, millions of Americans across the nation and around the world proudly wear red ribbons during the last week of October as a symbol of their commitment to make America drug free.

DOD Red Ribbon Campaign Theme: "Real Heroes Don't Use Drugs"

Sierra Army Depot's goal is to be a drug free community. The entire Depot, Doyle and Herlong communities are invited to participate in our celebration and spread the drug free message.

24 October 2005 Kick Off Red Ribbon Campaign: 0530 to 0700: Employees coming to work through

the main gate will be given red ribbons and other promotional items.

25 October 2005 0830 - 1200: Provide Sierra Primary school, Fort Sage Middle School and Long Valley Charter School with red ribbons and prizes.

26 October 2005 "Too Smart To Do Drugs": Plan for College Days. Students from Herlong High school will get a briefing from two college guidance counselors about how to get into their college and what it takes to be successful in college. 20 Depot employees will also be invited to share their college experience with students. This event

will take place at the Skeddadle Inn or Youth Services from 1100 to 1230.

27 October 2005 Alfredo Medina talks to Depot employees at the Fitness Center about substance abuse and his life story from 1500 to 1700.

28 October 2005 Alfredo Medina talks to Herlong Middle School from 0900 - 1000 and Herlong High School from 1400 to 1500.

Any Questions Contact Greg Pryor (530) 827-4190





Merle Pendleton (right) receives her 15 Years of Service Certificate from S-1 Julie Mason. Merle has worked her entire career at Sierra Army Depot. She currently works as a supply technician for the MWR office, but has also worked around Sierra as a Child and Youth Program Assistant for Youth Services (YS), a Computer Clerk at the Directorate of Information Management (DOIM), and a clerk for the recreation branch of the Community and Family Activities Division. Merle's family live and work on and around the Depot as well. Her husband John Pendleton is a Captain at the Law Enforcement Division of Emergency Services, and her son, Paul Pendleton is a Police Officer. Her daughter, Diana Bruening works as a teller at the Sierra Central Credit Union. Congratulations Merle!

MWR Services

Skedaddle Inn Meeting Center

The Skedaddle Inn Meeting Center/Lounge is now open Monday through Thursday, 6:30 a.m. to 5:00 p.m., Thursdays until the last customer leaves. It is also equipped to cater large or small events.

Call the manager at 827-4360 or email: skedaddle.inn@sierra.army.mil. Business hours are Monday through Friday, 6:30 a.m. to 5:00 p.m.

Sierra Lodge/Guest House

Call the depot lodging manager, 827-4544, or email: skedaddle.inn@sierra.army.mil for information. Room rates from \$50.00 - \$60.00 per person.

Sierra Bowling Center and Snack Bar

Open Monday through Thursday, 11:00 a.m. to 8:00 p.m. Call 827-4442 for information. Check out the Lunch Specials that are advertised Monday through Thursday. Delivery available on all orders received before 10:30 a.m. Contact the Snack Bar to book your birthday packages and holiday parties early.

Physical Fitness Center

Open Monday through Thursday, 11:00 a.m. to 1:00 p.m. and 5:00 p.m. to 8:00 p.m. Open Friday, Saturday, Sunday from 11:00 a.m. to 1:00 p.m. There is no charge for general use for military and depot personnel. For other authorized patrons, there is a \$2.00 daily charge with special monthly rates available. Regular membership is \$20.00, premier membership is \$40.00. A tanning bed is also available at a rate of \$6.00 per tan or a monthly rate of \$35.00. Use of the Racquetball Courts is only \$3.00 per hour.

Now available - Prepaid orders for custom hats, jackets, and shirts with depot logos.

ITR is available at the Physical Fitness Center. For more information call 827-4655 or email ITR@sierra.army.mil or ok.fern@sierra.army.mil.

Outdoor and Equipment Rental

New party rental items are now available along with new ATVs. A safety class is required to rent ATVs and Boats. Also don't forget if you have not already taken the State of California test for water craft, now is a

great time to get it done - Warm weather is just around the corner. Books and test are available at the gym during regular business hours - **THIS IS A NEW REQUIREMENT TO RENT WATER CRAFT THIS SUMMER.** For information call Chris Long at (530) 827-4354 or send an email to Christopher.Long@sierra.army.mil.

Laundromat

Open daily, 6:00 a.m. to 10:00 p.m. in building 142. Cost for wash, \$1.25 and \$.50 cents with a longer drying cycle. Please call 827-4655 for additional information.

Recycling Center

Open Monday through Thursday, 6:30 a.m. to 5:00 p.m. Call 827-4504 or email vending@sierra.army.mil to schedule a pick up or service.

MWR Office

The Administrative Assistant can be reached at (530) 827-4497, Monday through Thursday, 6:30 a.m. until 5:00 p.m., or send an email to ashton.wilson@sierra.army.mil. Business Office is (530) 827-4178 or (530) 827-4609.

Union:

(Continued from page 2)
the mandatory overtime (under protest). It was originally proposed by management to have 6 10 hr days mandatory. The Union objected to this proposal because the work force would burn out and there would be no gain in production. So it was agreed 5/10s with Saturday being optional. So I would like to thank the work force for their efforts and again doing a fine job in supporting the Soldier and also the Hurricane Katrina victims.

Award:

(Continued from page 4)
"In recognition of your dedication and support to the depot force protection program. This award signifies that you have made a personal contribution to the security of the soldiers, civilian employees, and family members who work, train and live at Sierra Army Depot. While performing access control duties at gate 202, you encountered two unauthorized vehicles at your post. Through your use of proper procedures and protocols, you determined that the vehicles and occupants had gained unauthorized access to the depot and summoned proper authorities while you detained the perpetrators. You have demonstrated, through your diligence and actions, that you are truly proactive in your efforts to make Sierra Army Depot a safer place to be."

Put Your Investments On Cruise Control With The "L Funds"

Taken from TSP Website

For those of you who are saving for your retirement with the Thrift Savings Plan (TSP), the Federal Retirement Thrift Investment Board has announced the L Fund. L fund stands for "lifecycle funds". The L Fund provides you with a convenient way to diversify your account among the G, F, C, S, and I Funds, using professionally determined investment mixes that are tailored to different time horizons. Your "time horizon" is the date (after you leave Federal service) that you think you will need the money in your TSP account. Because it is important for each L fund to maintain its target investment mix, the TSP will automatically rebalance each L fund daily. Then, each quarter, the investments in each L fund will shift to a slightly more conservative mix. In addition, experts will review the investment mixes periodically to be sure they are still appropriate. Your TSP funds are now on "cruise control" and everything is done for you.

How do I choose the right L fund? All you have to do is determine your

"time horizon" (the time period you want your money in your TSP account). **L 2040** - 2035 and later, **L 2030** - 2025 through 2034, **L 2020** - 2015 through 2024, **L 2010** - 2008 through 2014, **L Income** - Currently (or before 2008) withdrawing from your account. Once you choose your time horizon, the rest is done for you.

The L funds asset allocations are based on expected investment performance. The asset allocations of the L funds are designed to produce (over time) the best possible return for the level of risk taken. Because L funds include the same stocks and bonds contained in the individual TSP funds, they will have periods of gain and loss, and returns are not guaranteed.

If the L funds aren't for you, you can choose your own investment mix from the individual TSP funds (G - Government Securities, F - Bonds, C - Large/Medium Stocks, S - Small/Medium Stocks, and I - International Stocks) and manage your own account.

October Is National Stamp Collecting Month

by Christine Olson
Herlong Postmaster

Before I let loose with corporately provided information, let me remind you that the Herlong Post Office is open until **5:30 pm** on **Thursday** nights to enable depot employees to buy stamps, money orders, or pick up packages. Also, the Doyle Post Office is open until **6:00 pm** on **Tuesday** nights, again for our depot employees to utilize our services.

October is National Stamp Collecting Month. Introduced in 1981, this designation introduces children ages 8-12 to the fun and educational value of stamp collecting, one of the most popular hobbies in the world. This year's theme is "Be a Stargazer: Let the Stars Guide You Into Stamp Collecting." Concurrent with this message will be the issuing of our *Constellations* commemorative postage stamps. Also, we have *Jim Henson, the Man Behind the Muppets*, which includes stamps depicting the famous muppet puppets.

Top Five Questions About Stamp Collecting (and answers too!)

1. What is the world's most valuable stamp? How much is it worth?

The 1880s Swedish Treskilling Yellow is the most valuable stamp ever sold. In 1996, an anonymous buyer paid about \$2.7 million USD in today's currency. One of the reasons it fetched so much is because it should have been green!

Second place probably goes to the 1856 British Guiana One-Cent Black on Magenta. Only one is known to exist, postmarked "Demerara April 4, 1856." It sold in 1980 for \$935,000 at an auction in New York. This stamp has eight sides.

Among the most famous and valuable of U.S. stamps is the "Inverted Jenny." A single 100-count sheet of these airmail stamps issued in 1918 was discovered with the Curtiss JN-model biplane, known as "the Jenny," accidentally printed upside down. The original purchaser sold the sheet in the 1920's, after which it was broken down into different combinations of stamps. The 24-cent "Inverted Jenny" has steadily risen in value over the years. In 1989, a block of four was sold at auction for \$1 million.

2. How can I tell what a stamp is worth?

Two factors determine a stamp's value: its rarity and its condition. The price listed in a stamp catalog will give you some idea of your stamp's value and how rare it is. However, based on its condition, the stamp may sell at more or less than the catalog price. Always try to find stamps that are well maintained.

3. Where did stamps come from?

Great Britain. In the 1830's, schoolmaster and government employee Rowland Hill suggested the postage stamp as a way of taxing newspapers and collecting fees for mail based on weight. This led to the world's first adhesive postage stamp, called the "Penny Black," issued in 1840. It carried the likeness of the reigning monarch, Queen Victoria, and was printed in black.

4. When did the U.S. start making stamps?

Seven years later, George Washington, as the first President, and Benjamin Franklin, as the first Postmaster General, appeared on the first U.S. postage stamps.

5. Who decides what subjects appear on stamps?

The Citizens' Stamp Advisory Committee (CSAC), founded in 1957, makes recommendations on stamp subjects. The Postmaster General makes the final decision.

The CSAC's 15 members are appointed by the Postmaster General, chosen for their interest in philately and their backgrounds, which reflect a wide range of educational, artistic, historical and professional expertise. The Committee reviews tens of thousands of stamp subject proposals each year. Only a few dozen stamps are issued annually.

To suggest an idea for a new stamp, write to the Citizens' Stamp Advisory Committee, c/o Stamp Development, U.S. Postal Service, 1735 North Lynn Street, Suite 5013, Arlington, VA 22209-6432. Submit subjects at least three years in advance of the proposed date of issue to allow sufficient time for consideration and for design and production, if the subject is approved.

To purchase stamps or get more information about collecting, go to your local post office, stamp store or local stamp show, or visit www.usps.com/show.

